

A Snapshot in Time

Selected Health Measures for El Paso, Tx - 2011



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cancer



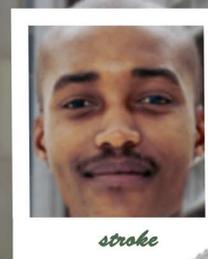
asthma



stroke



diabetes



stroke



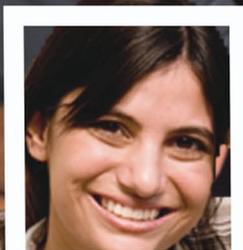
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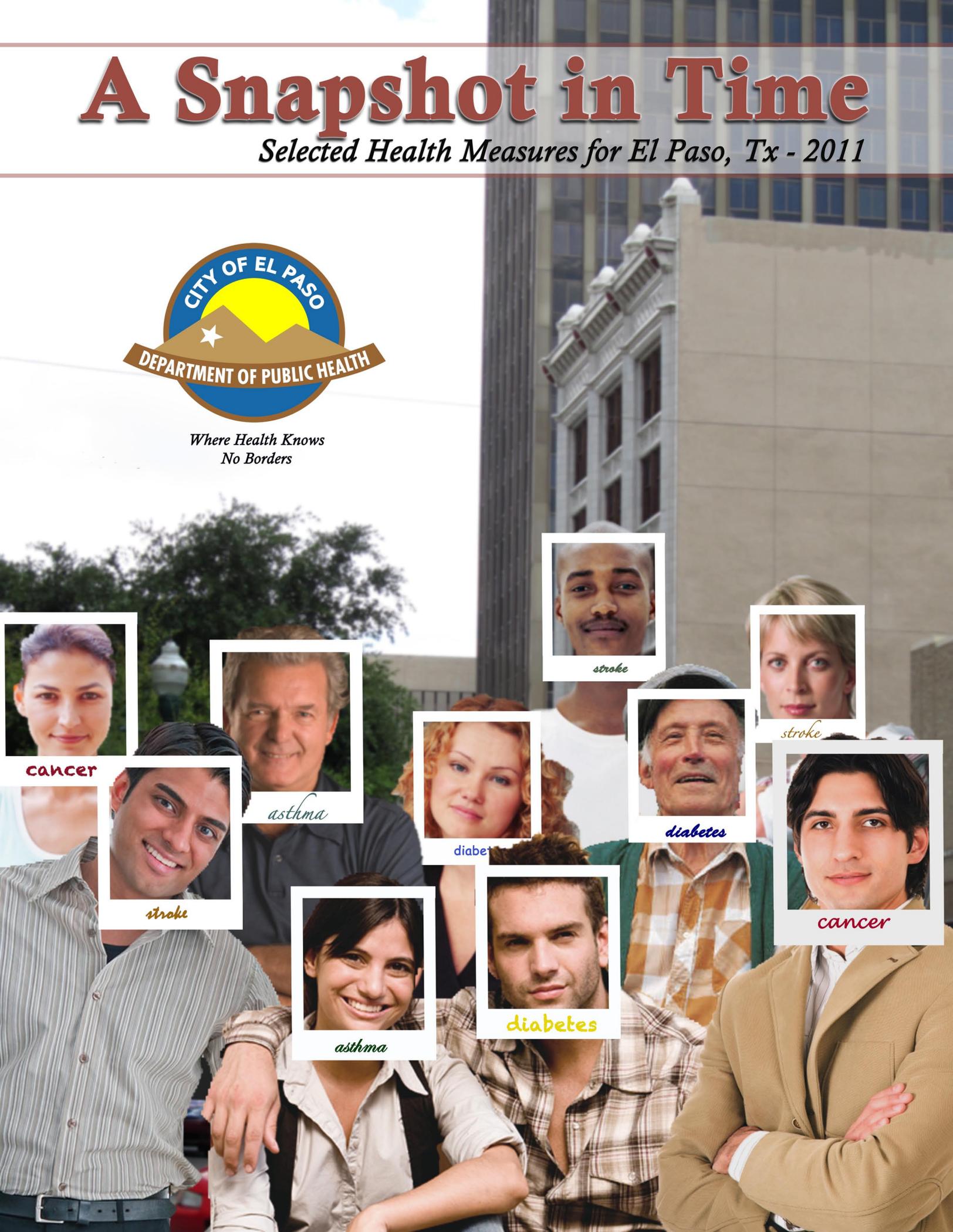


Table of Contents

INTRODUCTION	2
BACKGROUND AND METHODS	3
DEMOGRAPHICS	4
FACTSHEETS	
ACCESS TO QUALITY HEALTH SERVICES	
<i>Health Care Coverage</i>	5
CANCER	
<i>Overall Cancer Mortality</i>	6
<i>Lung Cancer Mortality</i>	7
<i>Female Breast Cancer Mortality</i>	8
HEART DISEASE AND STROKE	
<i>Coronary Heart Disease Mortality</i>	9
<i>Stroke Mortality</i>	10
NUTRITION AND OVERWEIGHT	
<i>Adult Obesity Coverage</i>	11
TOBACCO USE	
<i>Adult Tobacco Use</i>	12
ADDITIONAL OBJECTIVES	
<i>Adult Diabetes</i>	13
<i>Adult Asthma</i>	14
SUMMARY OF RESULTS	15
REFERENCES	16

Introduction

A Snapshot in Time: Selected Health Measures for El Paso, Texas - 2011

The City of El Paso Department of Public Health has a mission to work in partnership with people in our community to promote and protect the health of the Borderland. El Paso, Texas is located along the border between New Mexico and Texas and serves an international boundary of the United States and Mexico.

Health, however, has no borders. El Paso has a unique public health situation because it shares immediate geographical proximity to Ciudad, Juarez, Chihuahua, Mexico, and has a high percentage of Hispanics. Monitoring health is vital in preventing disease and essential in agenda setting, policy making, health promotion, and education.

The Department of Public Health has contractual agreements with the county and five municipalities (Anthony, Clint, Horizon, Socorro, and Vinton) within the County. The annual operating budget for 2011 was approximately \$21.2 million with 55% of funding coming from federal, state, and local grants.

Healthy People 2020, a national agenda for selected health issues, sets the framework for local, state, and federal public health efforts. Healthy People 2020 sets standards based on many objectives. We have selected some of those standards to evaluate the health of our community in relation to chronic disease. The information provided in this document is a snap shot in time and also provides some comparison data to a previous evaluation (*How Healthy Are We? Selected Health Measures for El Paso, Texas*) conducted in 2008. The purpose is to provide health statistics that are easy to understand and relevant to the El Paso community.

This document compares selected chronic disease measures in El Paso County to the State of Texas and to the United States. It does not address every health issue. It evaluates progress towards goals set forth by Healthy People 2020 when available. The data is gathered from various sources and a complete reference sheet is included for further investigation.

Our thanks go out to Julio Ramirez, an MPH intern from the University of Texas at El Paso for gathering the data and to Hector Reyes, Jr., MPH for his assistance to Julio.

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You may obtain a copy of *A Snapshot in Time: Selected Health Measures for El Paso, Texas – 2011* at <http://www.elpasotexas.gov/health>

Background

Healthy People 2020 (HP 2020) provides science-based, 10-year national objectives for improving the health of all Americans by establishing benchmarks and monitoring progress over time. The HP 2020 launched its 10 year agenda on December 2, 2010. The mission of HP 2020 strives to:

- Identify nationwide health improvement priorities
- Increase public awareness and understanding of the determinants of health, disease, and disability and the opportunities for progress
- Provide measurable objectives and goals that are applicable at the national, State, and local levels
- Engage multiple sectors to take actions to strengthen policies and improve practices that are driven by the best available evidence and knowledge
- Identify critical research, evaluation, and data collection needs

Healthy People 2020 are preceded by Healthy People 2010 and by two manuscripts - *Promoting Health/Preventing Disease: Objectives for the Nation* and *Healthy People 2000: National Health Promotion and Disease Prevention Objectives*, written in 1980 and 1990, respectively.

The current document, *A Snapshot in Time: Selected Health Measures for El Paso, Texas 2011*, measures the progress toward goals set forth by HP 2020 and evaluates the progress made from the Healthy People 2010 objectives.

Methods

The following pages give a snap shot in time of selected health measures for El Paso, Texas. The measures were chosen because we do not have a mechanism for tracking chronic disease in our community. In order to begin documenting trends over time, the health measures in this report were also included in a previous report from 2008. The current data was compiled in 2011 using the latest statistics available at the time and this report was made final in the Spring of 2012.

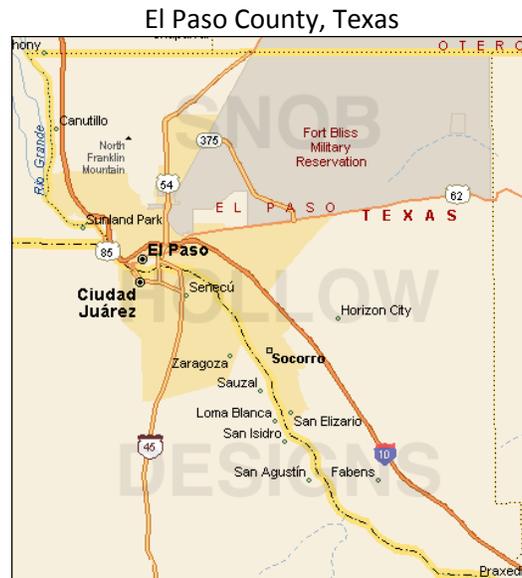
Each fact sheet attached provides data for one selected health measure and is broken down as follows:

- Definition
- Finding
- Data Graph comparing El Paso County to Texas and the U.S. with data source (s)
- Table comparing El Paso County to Healthy People 2020 and progress from Healthy People 2010
- Healthy People 2020 National Baseline data and Target
- Educational or prevention message related to the selected health measure with source (s)

The fact sheets are meant to give a simple description of the selected health measures for use by the public.

Demographics

El Paso County, Texas' population in 2010 was 800,647. Approximately 81% of the County's population (649,121) resides within the City of El Paso which is the largest border city in the United States, the sixth largest city in Texas, and the 19th largest city in the United States. El Paso is adjacent to one of Mexico's largest cities, Ciudad, Juárez, Chihuahua which has a population of over 1.3 million people.



The County of El Paso has a relatively young population with a median age of 31.1 versus the median age for Texas (32.3) and the nation (36.9). Of the County's total population 387,513 are male (48.4 percent) and 413,134 are females (51.6 percent). Children under five account for 8.1 percent of the population (64,852) compared with 7.7% in Texas; adults 18 to 64 account for 59.6 percent (477,186) of the population and adults 65 and over account for 10.3 percent (82,467) of the population. A large majority of the population is Hispanic (82.2%), 13.1% non-Hispanic White, 3.1% African American or Black, .6% American Indian, 1.0% Asian, and .1% other.

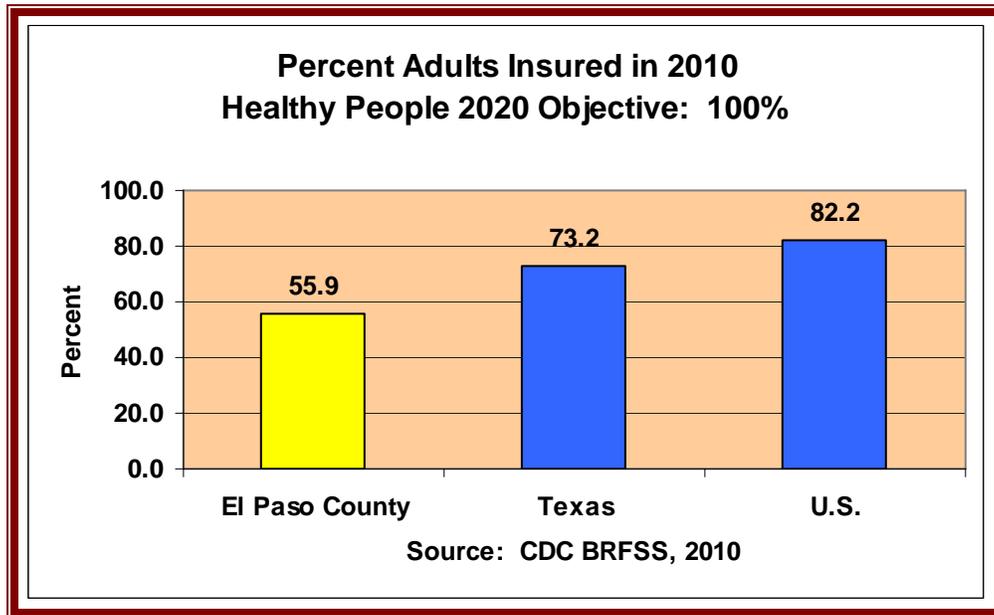
Educational attainment for El Paso County residents is lower in El Paso. According to the 2010 Census, 71% of residents aged 25 and above are high school graduates compare to 80% for the State of Texas and 85% for the U.S. For the same age group, only 19.3% have a bachelor degree or higher compared to 25.8% for Texas and 27.9% nationally.

El Paso County is one of the poorest in the United States. The County's median income of \$36,333 compared to \$49,646 for Texas and \$51,914 for the U.S. Census data from 2010 estimate that approximately ¼ (25.6%) of El Pasoans live below the federal poverty level compared to 16.8% of Texans. Overall, 74.8 % of El Paso's population reports a language other than English being spoken at home with the vast majority (72.7%) of these residents identifying that language as Spanish.

Health Care Coverage

Definition: Persons 18 to 64 years of age with health insurance.

Finding: El Paso County had a lower percentage of insured residents when compared to Texas and the United States in 2010.



El Paso County	Healthy People Objective	Goal Met	Year
60.1 %	100% (2010)	No	2006
55.9%	100% (2020)	No	2010

Baseline: Nationally, 83.2% of persons had medical insurance in 2008.

Target: 100% (Total coverage)

Consequences of Being Uninsured

- Less Preventive care
- Advanced stages of disease at diagnosis

Advantages of Being Insured

- Reduce mortality rates for uninsured by 10 to 15 percent
- Improve potential annual earning and educational attainment

Source: *The Kaiser Commission on Medicaid and the Uninsured*

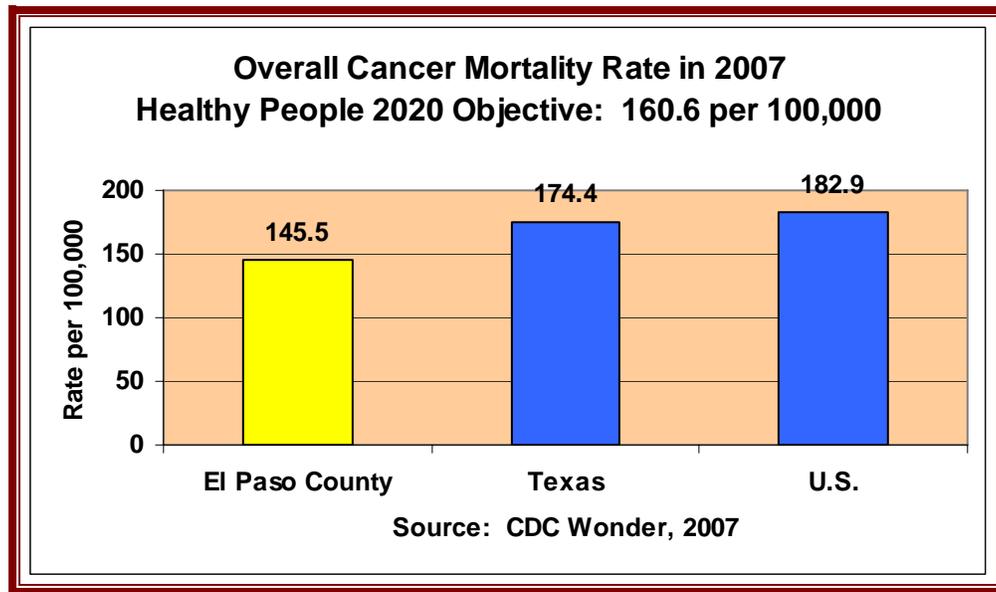


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Overall Cancer Mortality

Definition: Deaths due to cancer; Rate per 100,000 people

Finding: El Paso County had a lower overall cancer mortality rate when compared to Texas and the United States in 2007.



El Paso County	Healthy People Objective	Goal Met	Year
167.4	158.6 (2010)	No	2005
145.5	160.6 (2020)	Yes	2007

Baseline: Nationally, 178.4 cancer deaths per 100,000 population occurred in 2007.

Target: 10% improvement from baseline

Cancer Prevention

- Avoid tobacco use and exposure
- Avoid ultraviolet ray exposure by using sunscreen
- Avoid cancer-causing agents
- Have regular physical medical exams
- Make healthy food choices

Source: Centers for Disease Control and Prevention

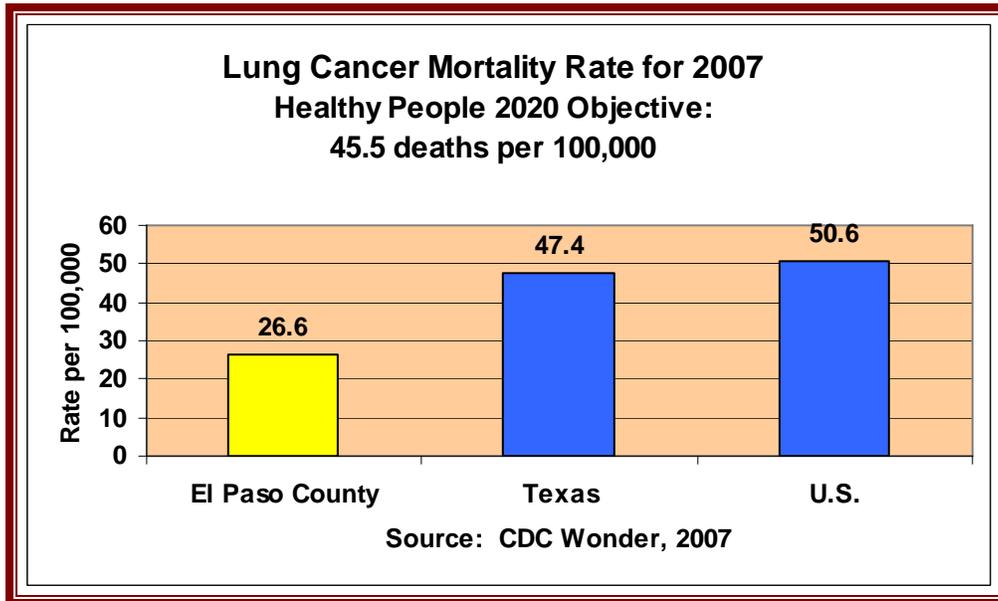


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Lung Cancer Mortality

Definition: Deaths due to lung cancer; Rate per 100,000 people

Finding: El Paso County had a lower lung cancer mortality rate when compared to Texas and the United States in 2007.



El Paso County	Healthy People Objective	Goal Met	Year
33.7	43.3 (2010)	Yes	2005
26.6	45.5 (2020)	Yes	2007

Baseline: Nationally, 50.6 lung cancer deaths per 100,000 population occurred in 2007.

Target: 10% improvement from baseline

Lung Cancer Prevention

- Avoid:
 - Smoking tobacco products (cigarettes, cigars, hookahs, etc.)
 - Second-hand smoke
 - Cancer-causing agents such as asbestos, radon, arsenic, chromium, nickel, tar and soot
 - Heavy alcohol drinking
- Eat a diet rich in fruits and vegetables
- Be physically active

Source: National Cancer Institute

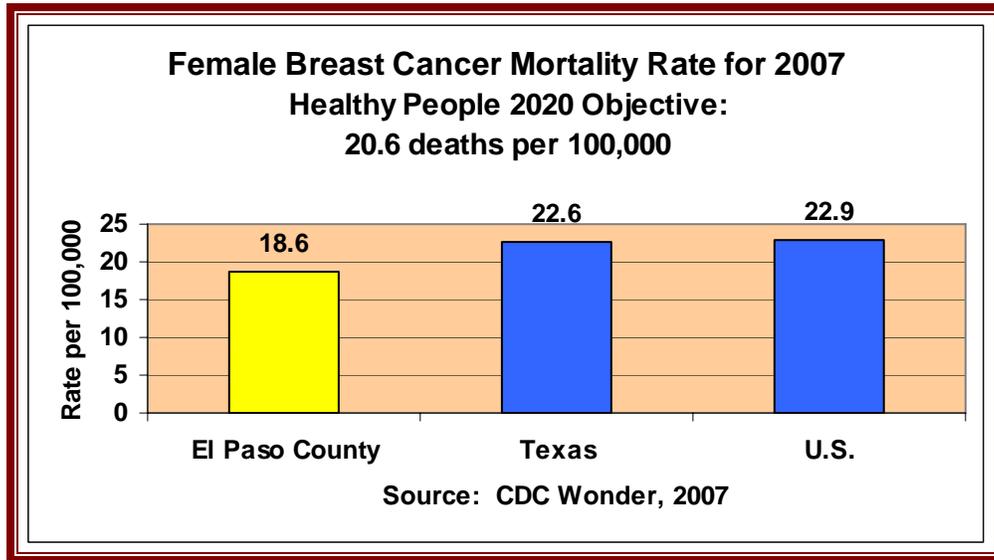


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Female Breast Cancer Mortality

Definition: Deaths in females due to breast cancer; Rate per 100,000 people

Finding: El Paso County had a lower female breast cancer mortality rate when compared to Texas and the United States in 2007.



El Paso County	Healthy People Objective	Goal Met	Year
22.5	21.3 (2010)	No	2005
18.6	20.6 (2020)	Yes	2007

Baseline: Nationally, 22.9 female breast cancer deaths per 100,000 females occurred in 2007.

Target: 10% improvement from baseline

Breast Cancer Risk Factors

- **Unavoidable**
 - Early menstruation
 - Late menopause
 - Pregnancy after age 35
 - Family history
- **Preventable**
 - Hormone replacement therapy
 - Obesity
 - Alcohol use

Source: National Cancer Institute; National Breast Cancer Foundation, Inc.

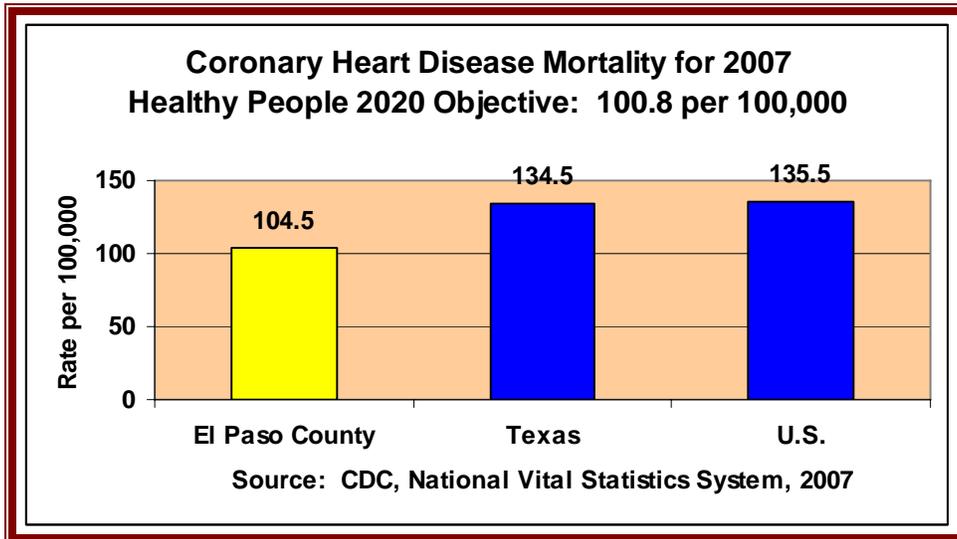


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Coronary Heart Disease Mortality

Definition: Deaths due to Coronary Heart Disease; Rate per 100,000 People

Finding: El Paso County had a lower coronary heart disease mortality rate when compared to Texas and the United States in 2007.



El Paso County	Healthy People Objective	Goal Met	Year
139.7	162.0 (2010)	Yes	2005
104.5	100.8 (2020)	No	2007

Baseline: Nationally, 126.0 coronary heart disease deaths per 100,000 population occurred in 2007.

Target: 20% improvement from baseline

Coronary Heart Disease Risk Factors

- Age
- Being Male
- Family History

Coronary Heart Disease Prevention

- Avoid Smoking
- Control high cholesterol and high blood pressure
- Be physically active
- Control weight
- Prevent/control diabetes

Source: American Heart Association

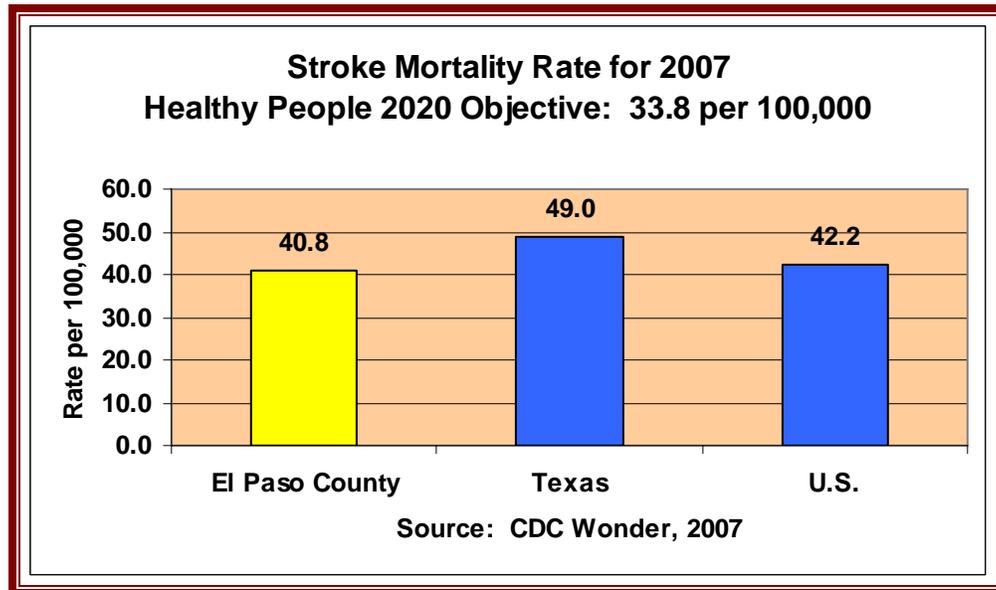


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Stroke Mortality

Definition: Deaths due to Stroke; Rate per 100,000 people

Finding: El Paso County had a lower stroke mortality rate when compared to Texas and the United States in 2007.



El Paso County	Healthy People Objective	Goal Met	Year
39.3	50.0 (2010)	Yes	2005
40.8	33.8 (2020)	No	2007

Baseline: Nationally, 42.2 stroke deaths per 100,000 population occurred in 2007.

Target: 20% improvement from baseline

Stroke Prevention

- Prevent or control high blood pressure, cholesterol, and diabetes
- Don't use tobacco
- Avoid excess alcohol consumption
- Exercise regularly and decrease time watching television
- Eat healthy

Source: Centers for Disease Control and Prevention

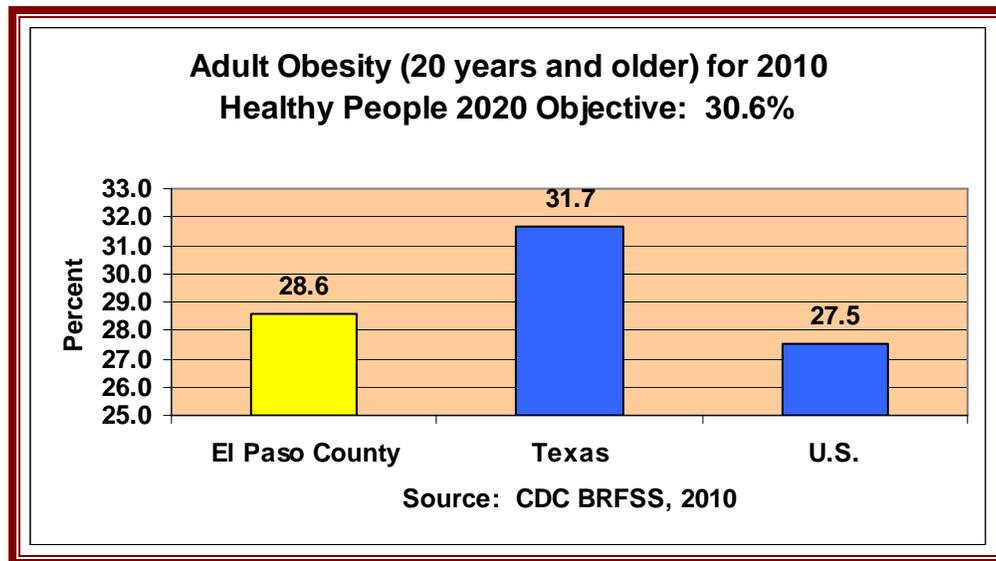


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Adult Obesity

Definition: Percentage of adults 20 years and older with a body mass index (BMI) at or above 30.0

Finding: El Paso County had a lower percentage of obese adults than Texas and a higher percentage than the United States in 2010.



El Paso County	Healthy People Objective	Goal Met	Year
27.2%	15.0% (2010)	No	2006
28.6%	30.6% (2020)	Yes	2010

Baseline: Nationally, 34.0% of persons aged 20 years and older were obese in 2005-2008.

Target: 10% improvement from baseline

Obesity Prevention

- Exercise regularly
- Decrease time watching television or sitting at a computer or game console
- Eat food low in fat and sugar
- Eat at least five fruits and vegetables daily
- Increase water and decrease sugar-sweetened beverages

Source: Centers for Disease Control and Prevention

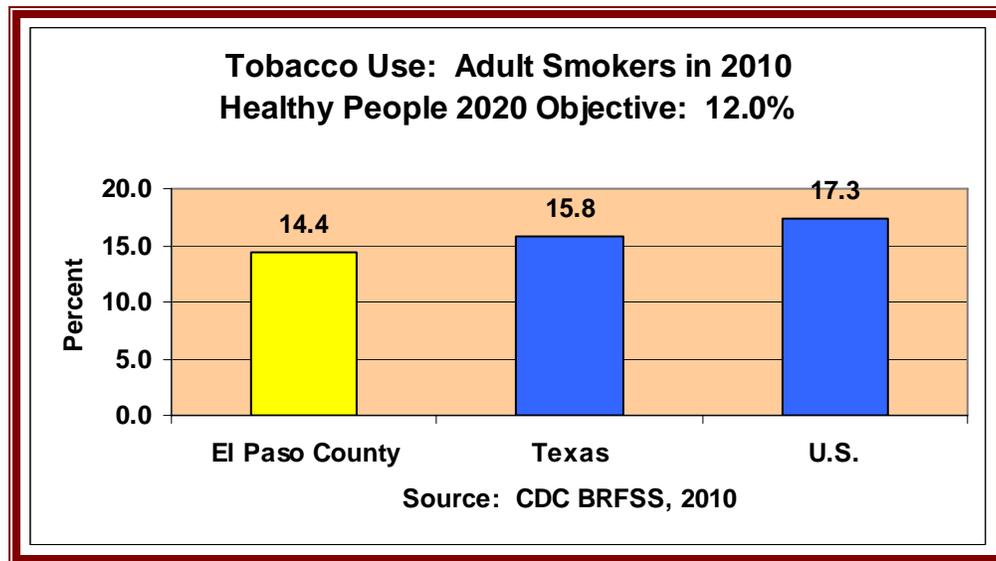


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Adult Tobacco Use

Definition: Percentage of adults aged 18 years and older who are current cigarette smokers.

Finding: El Paso County had a lower percentage of adult smokers than Texas and the United States in 2010.



El Paso County	Healthy People Objective	Goal Met	Year
12.7%	12.0% (2010)	No	2006
14.4%	12.0% (2020)	No	2010

Baseline: Nationally, 20.6% of adults aged 18 years and older were current cigarette smokers in 2008.

Target: Maintain the 2010 objective of 12.0%

When Smokers Quit

Time After Last Cigarette

20 Minutes
8 Hours
24 Hours
48 Hours
2 Weeks – 3 Months

Effect

Blood pressure returns to normal
Oxygen level returns to normal
Risk for heart attack decreases
Taste and smell increases
Circulation and lung function improve

Source: American Cancer Society

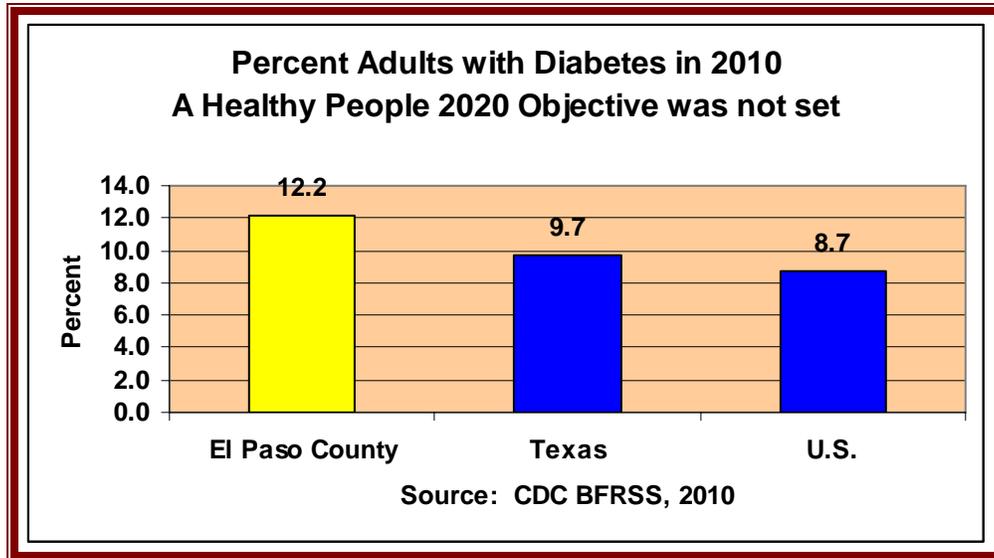


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Adult Diabetes

Definition: Percent of adults that have ever been told by a doctor that they have diabetes.

Finding: El Paso County had a higher percentage of adults with diabetes when compared to Texas and the United States in 2010.



El Paso County	Healthy People Objective	Goal Met	Year
7.3%	N/A (2010)	N/A	2005
12.2%	N/A (2020)	N/A	2010

Diabetes Prevention

- Exercise
- Reduce obesity and overweight
- Eat fruits, vegetables, and whole grains
- Eat lean meats, fish, and poultry
- Consume non-fat dairy products
- Drink water and calorie-free drinks
- Use liquid oils instead of solid fats
- Decrease high-calorie snacks and desserts
- Be aware of portion sizes

Source: American Diabetes Association.

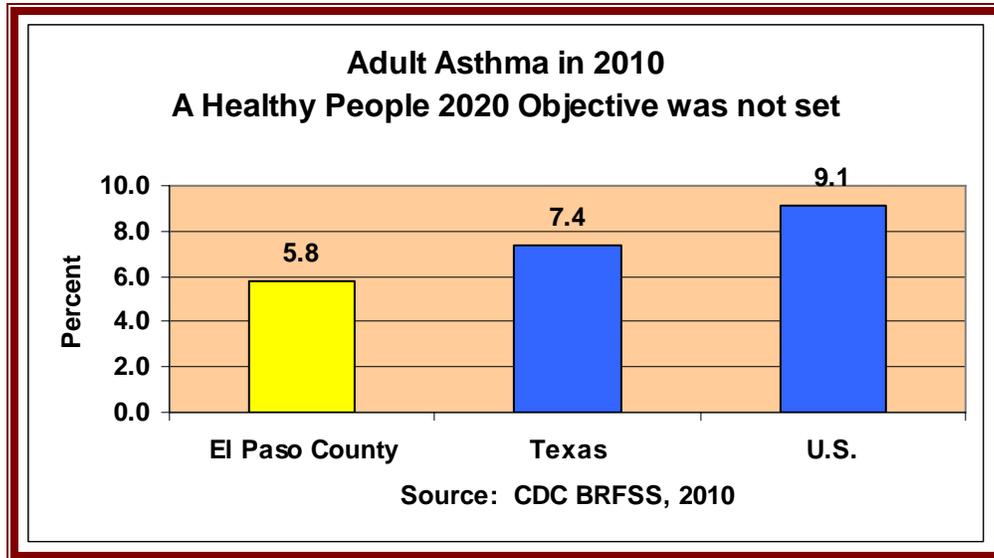


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Adult Asthma

Definition: Percentage of adults surveyed who said they currently had asthma.

Finding: El Paso County had a slightly lower percentage of adults with asthma than Texas and the United States in 2010.



El Paso County	Healthy People Objective	Goal Met	Year
7.8%	N/A (2010)	N/A	2007
5.8%	N/A (2020)	N/A	2010

Asthma Attack Prevention and Management

- Learn what triggers attacks and try to avoid
 - Smoke
 - Strong odors
 - Pollen
 - Dust
 - Exercise
 - High ozone days
- Identify and treat asthma attacks early

Source: www.keepkidshealthy.com



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Summary of Results

Below is a table compiling the results of all fact sheets in this document.

Healthy People 2020 Focus Area	Selected Health Measure	Healthy People Objective	El Paso Data	Year Evaluated	Objective Met
Access to Quality Health Services	Health Insurance Coverage by Percentage	100%	55.9%	2010	No
Cancer	Mortality, Overall Cancer (Deaths per 100,000 people)	160.6	145.5	2007	Yes
	Mortality, Lung Cancer (Deaths per 100,000 people)	45.5	26.6	2007	Yes
	Mortality, Female Breast Cancer (Deaths per 100,000 people)	20.6	18.6	2007	Yes
Heart Disease and Stroke	Mortality, Coronary Heart Disease (deaths per 100,000 people)	100.8	104.5	2007	No
	Mortality, Stroke (Deaths per 100,000 people)	33.8	40.8	2007	No
Nutrition and Overweight	Adult Obesity by Percent	30.6%	28.6%	2010	Yes
Tobacco Use	Adult Smokers by Percent	12.0%	14.4%	2010	No
Additional Objectives	Adult Diabetes by Percent	N/A	12.2%	2010	N/A
	Adult Asthma by Percent	N/A	5.8%	2010	N/A

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City of El Paso Department of Public Health
March 2012